

PEANUT BUTTER SOUP



CLOUDY

Serves: 6 to 8

INGREDIENTS:

- 2 medium onions, chopped
- 1 crushed garlic clove
- 1 tablespoon vegetable oil
- 1 28-ounce can crushed tomatoes
- 1 13-3/4-ounce can chicken broth
- 4 cups water
- 2 large yams, peeled and cubed
- 1 cup creamy peanut butter
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

DIRECTIONS:

1. In a soup pot, sauté the onions and garlic in the oil over medium heat for 5 minutes.
2. Add the tomatoes, broth, water, and yams.
3. Cook over medium-low heat for 25 minutes, or until the yams feel soft.
4. Stir in the peanut butter, cayenne pepper, and salt.

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Serves: 6 to 8

INGREDIENTS:

- 2 cups cooked chicken pieces
- 1/2 cup crushed peanuts

DIRECTIONS:

5. Cool for 30 minutes.
6. Puree the soup in a blender or food processor, then pour it back into the saucepan and warm.
7. Sprinkle with the chicken and peanuts.



The first soup was made of hippopotamus bones, and it was served in 6,000 B.C.!!

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